

Keen Eye on the Small Fry

MN-000-14

Objective

Clients will list at least one healthy food which they will have each day while they are pregnant.

Materials

- Flip chart or black board
- Magic markers
- Pencils or pens for each person in class
- Video, *Keen Eye on the Small Fry*
- Handout, *A Healthy Weight Gain for My Baby and Me*, for everyone in class
- *Healthy Foods for My Baby and Me*, stock no. 13-06-12495 (bilingual), for everyone in class
- Measuring spoons and cups
- Optional: Any food models which you have of the grains, vegetables, fruits, dairy products, meats and beans groups listed on the attached handout
- Other pamphlets you may provide for clients to take:
 - *Eating for You and a Healthy Baby Too!* stock no. 13-197, 13-197a and 13-197v
 - *A More Comfortable Pregnancy*, stock no. 13-172, 13-172a and 13-172v
 - *Food Safety Guidelines for Women*, stock no. 13-06-12145 and 13-06-12145a
 - *Smoking, Your Baby and You*, stock no. 13-06-12263 and 13-06-12263a
 - *To the Pregnant Woman Who Is Gaining Too Much Weight*, stock no. 13-77
 - *To the Pregnant Woman Who Is Not Gaining Enough Weight*, stock no. 13-78

Icebreaker

What do you wish for your baby? (It can be a wish for something at birth or, as your baby grows older.) **Would anyone like to share your wishes with us?** Write them on the flip chart or black board. If no one says anything, you could mention that many women wish for a healthy baby.

Introduction

We have a video today that covers how to take care of yourself and your baby while you are pregnant. The video covers many health issues. You may find answers to some of the questions you have had about your pregnancy or learn some information that will surprise you. Show the video.

Say something like

The video covers a lot of topics, more than we can cover in one class. I have pamphlets here for you to take on many of the topics covered in the video. After class you can take any that interest you. Today we are going to talk about healthy eating and a healthy weight gain.

Eating well and gaining a healthy amount of weight during pregnancy is something you can do for you and your baby. Taking care of your health is very important; your baby needs a healthy mother to take care of her.

Here is a handout, *A Healthy Weight Gain for My Baby and Me*.
(Pass out the handout.)

Take a look at the picture. The picture shows a woman who gained 29 pounds during her pregnancy and where the 29 pounds went on her body.

How much of the weight gained came from fat, protein and other nutrients on the mother? (7 pounds) The protein that they mention is extra muscle needed to carry the baby. Take a look at all of the other parts of the weight gained. (Go over the weight gain components listed around the picture.) You can see that by gaining just the healthy weight recommended for you, you will not be left with extra weight months after your pregnancy.

By gaining a healthy amount of weight, you help your baby to be healthy and grow well. For your own health, you do not want to gain a lot of extra weight that you will need to lose later.

What kinds of food do you think you should eat less of? (Chips, French fries, sodas, pan dulces, cookies, doughnuts, pies, pastries or any food high in fat or sugar.)

Here is another handout that shows the healthy foods you need everyday during pregnancy. (Pass out *Healthy Foods for My Babe and Me*.) **It shows foods that will help you stay healthy during pregnancy and help your baby grow.**

Note:

- You must discuss a minimum of four of the food groups listed below during the class. If you do not discuss all of them, select the ones that are most important to the quality of the diets in your area.
- If a woman eats all the foods in the amounts listed on the handout, she will not get all the calories she requires each day. For that reason, let women know that they need to eat to satisfy hunger, but it is best to choose additional foods that are healthy.

Look at the list of grains. What would make a good snack on this list? (Three cups popcorn – watch the salt and fat- or dry WIC cereal.) **Think about what you ate yesterday. How many people had about 6 or 7 of the things on this list? Tell everyone that raises their hands that they are doing a fantastic job. If you have more than 7 grains everyday, you may want to cut back on grains and add in some of the other healthy foods your baby needs.**

Look at the vegetable list. Here is a measuring up. (Show it to the class. Point out that for salad greens, 2 cups count the same as 1 cup of other vegetables.)

How many people have 2½ to 3 cups of vegetables a day? You can raise your hands. (If anyone raises their hand you could say: Let's give them a round of applause. Very few people eat enough of these healthy foods each day. You are doing great.)

Many people do not get the vegetables that they need. Can anyone give us some ideas on how to get more? (Have a snack of vegetables and low fat dip, carry cut up vegetables in a plastic bag with you when you go out of the house, put tomatoes on a sandwich, have a vegetable sandwich, eat vegetable soup, put them in rice or casseroles.)

Now look at the fruit list. You need 1½ to 2 cups a day. (Hold up the measuring cup.)

Let's look at what counts like 1 cup. (Use the ½-measuring cup to show them the amount of dried fruit and any food models you have.)

Who got enough fruit yesterday? (Congratulate those that did.)

See what is on the oil list. (You could read the list of healthy oils.)

These are all healthy oils, but you only need 5 to 7 teaspoons of them a day.
(Show the class the teaspoon.)

Remember that many foods like crackers are made with fats or oil. Other foods like ground meats have fat in them. And avocados or nuts also have oils in them. You are getting oils and fats each day in foods without using any of the oil, salad dressing or margarine on the list.

Next are milk and other dairy products. You can see that how much you need depends on your age. If you are under 20, have four cups a day; if you are 20 or older, you need three. (Show the cheese models if you have them.) How could you add in dairy products if you need more? (Add cheese to sandwiches or salads, make canned soups with milk.)

Check out the list of meats and beans. See how big a 3 ounce serving of meat is (a deck of cards). And 1 tablespoon of peanut butter counts as an ounce of meat. (Show what a tablespoon looks like.) Did you have enough of these foods yesterday to give you 5 to 6½ ounces?

When you eat all these foods in the amounts, you may still be hungry. Choose healthy foods when you need something else to eat for a meal or a snack. Limit high fat and high sugar treats to 2 or 3 a week. It is best for your health and the health of your baby.

Can everyone take a pencil (pen) and write down the wish or wishes you have for your baby on the back of the black and white handout. Will you also write one or more healthy foods that you will have each day.

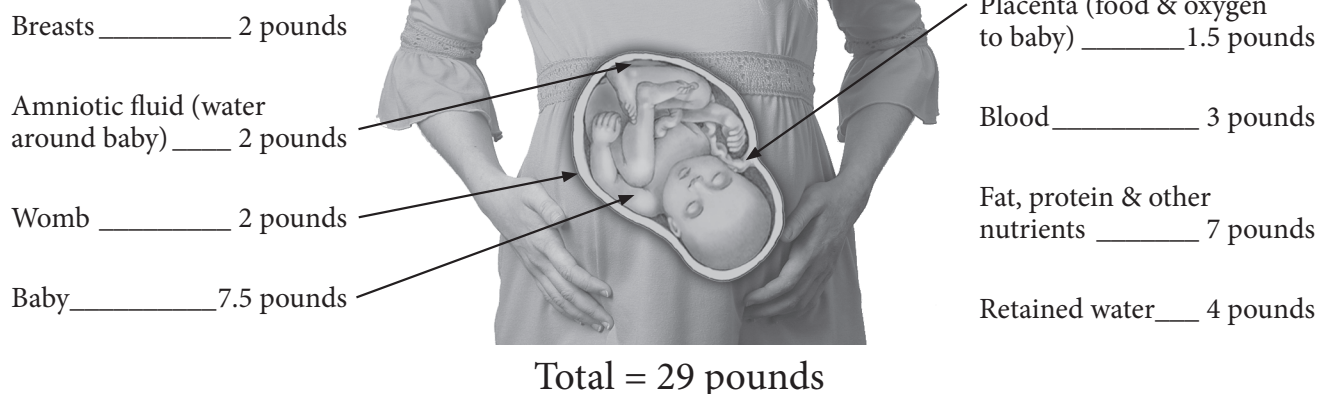
What else did you learn about being healthy during pregnancy from the video?
(Answers could include avoid second hand smoke, avoid alcoholic beverages, keep all doctor appointments, or have iron rich foods each day.)

Then read the titles of the pamphlets which you have available for people to take on the other topics covered in the video. Answer any questions.

A Healthy Weight Gain for My Baby and Me

Gaining a healthy amount of weight during pregnancy is important for you and your baby. Your weight gain helps your body support the healthy growth of your baby .

Where Does the Weight Go?



You may gain more or less than 29 pounds, depending on your weight before pregnancy. Women who were very overweight before pregnancy may gain as little as 15 pounds. Women who were underweight before pregnancy may gain up to 40 pounds. Women at a normal weight can gain 25–35 pounds. ***No one should lose weight during pregnancy.***

Most women gain 2 to 5 pounds in the first three months of pregnancy. Then weight gain is 1 to 2 pounds each week for the rest of the pregnancy. If you were overweight or under weight before you were pregnant, talk to your health care provider about the weight gain that is best for you.

My wish for my baby:



Healthy foods I will have each day for me and my baby:



Keen Eye on the Small Fry
NE LESSON CODE - MN-000-14
Staff Survey

LA# _____

DATE _____

1. Was the lesson easy to read and follow?

☐ Yes ☐ No

2. Did you like the video included with this lesson?

☐ Yes ☐ No

3. Did you like the weight gain handout included with this lesson?

☐ Yes ☐ No

4. What did you like best about this class?

5. What would make the class better?

6. How well did participants respond to the class? Participation was (check one)

☐ Good ☐ Negative ☐ Indifferent

7. Do you plan to use this lesson again?

☐ Yes ☐ No

Please put additional comments on the back of this page.

Complete this Staff Survey and the attached Participant Surveys the first few times a new lesson is presented. Only 10-20 participant surveys need to be completed. Mail the completed surveys to:

Delores Preece
Nutrition Education/Clinical Services Section
Department of State Health Services
1100 West 49th Street
Austin, Texas 78756

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NE LESSON CODE - MN-000-14
Participant Survey

LA# _____

DATE _____

1. How much did you like this class?

☐ A lot

☐ A little

☐ Not at all

2. What change do you plan to make to your own eating habits after this class?

3. What is the most useful thing you learned from the class today?

4. What would make this class better for you?

5. Comments:

Thank you for your answers!